



State of New Hampshire Employee Wellness News

**August
2012**

New Hampshire Employment Security Receives Agency Wellness Recognition Award

The State of New Hampshire Employee Wellness Program congratulates New Hampshire Employment Security leaders, wellness coordinators and employees on receiving the Silver Award in the Agency Wellness Recognition Program. Over the past year, the Employee Wellness Program has witness a great deal of commitment from this agency in supporting employee healthy lifestyle habits and management. In receiving the Silver Award, Employment Security has achieved the following:

- A leader in employee and worksite wellness
- Strengthened their bottom line by helping to decrease sick leave, health care claims, and increase employee productivity
- Improved employee morale and created a healthier worksite environment
- A true wellness role model

The State of New Hampshire Agency Wellness Recognition Program was developed based on national and regional wellness standards including the Centers for Disease Control and Prevention, New Hampshire Department of Health and Human Services, Healthy People 2020 and reflects *The Guide to Community Preventive Services*, which summarizes what is known about the effectiveness, economic efficiency, and feasibility of interventions to promote worksite health and prevent disease. Worksite wellness programs that support employees and the environment they work in have been shown to yield a return on investment and save employees money.

The following are a few of the wellness highlights at NHES:

- Tobacco Use Policy
- Conducting 12 worksite flu clinics at NHES worksites in 2011
- Scheduling monthly worksite health promotion programs
- Conducting an annual employee wellness interest survey
- Regular leadership wellness support and communication
- Nursing mother's support
- And much more!

Congratulations Employment Security and keep up the great work!

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**We're on the web!
Visit**

**[Admin.state.nh.us/
wellness](http://Admin.state.nh.us/wellness)**



Agency Worksite Wellness Events

Employment Security

August 8 – Fitness 101 workshop from Noon-1pm. Employment Security employees can contact Zandy Dezonie at 228-4004 for more information.

Department of Transportation

August 29 – Health Fair located at the John O. Morton Building at 7 Hazen Dr. Concord from 10am – 1pm. Contact Paula Nash at 271-0559 or pnash@dot.state.nh.us for more information.

Events in Your City or Town

Visit www.visitnh.gov, click on "What To Do" and select "Event Calendar" to find out what's happening in your community in August.

Wellness Coordinator Corner

Worksite Tobacco Cessation Display—

Here is another great agency display in July focusing on the harmful ingredients in cigarettes and helpful resources to quit tobacco.



Employee Wellness Screenings—Lisa

Marzoli, Anthem Wellness Coordinator, continued her employee wellness screening road show to the McAuliffe-Shepard Discovery Center, Revenue, Information Technology, Cultural Resources, Agriculture, Treasury, and Environmental Services in June and July. If your agency would like to schedule employee wellness screenings or host additional screenings at agency worksites, call 271-4103 or email Michael.loomis@nh.gov.

July Wellness Coordinator Training Recap—Several wellness coordinators attended the July 26th wellness coordinator training session. The session kicked off with an agency wellness award recognition ceremony for wellness coordinators Robin Untiet, Zandy Dezonie, Cyndi Peterson, and Commissioner Copadis with NH Employment Security. This was followed by a panel discussion on how to motivate employees into wellness programs and activities facilitated by Bill Byron with the Local Government Center. The panel included wellness coordinators Robin Untiet (NHES), Heather Fairchild (DHHS), Paula Nash (DOT), and Lara Cole (LGC). Lisa Marzoli of Anthem then led the group in a 30 minute strength training program. The last two sessions included a presentation on the 5210 Healthy NH Program by Beth Gustafson-Wheeler with the Foundation for Healthy Communities and a presentation by Michael Loomis with the Department of Administrative Services on the Employee Health Education Program. The next wellness coordinator training will take place on Thursday, October 11.

August

National Health Observances

Immunization
Awareness
Month



www.healthfinder.gov



Worksite Wellness Resources

The workshops, demonstrations, and individual services listed in the worksite wellness resources section provided by Anthem, Delta Dental, Local Government Center and the Employee Assistance Program are free to employees

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Worksite Wellness Resources

Local Government Center

Blood Pressure on Target—Whether diagnosed with high blood pressure and looking for ways to manage it, or just learning about this *symptomless* condition that affects 1 in 3 adults in our country, this workshop will guide you to a healthier you. The health risks of high blood pressure include stroke, heart attack, kidney disease, blood clots, and eye problems. Learn about causes, effects, and management.

To schedule this free workshop, have your agency Human Resource or Wellness Coordinator contact Bill Byron at 800-646-2758 ext 208 or email wbyron@nhlgc.org

Anthem

360 Health Program—360° Health is a total health solution that helps members become more informed about, and involved in, their health and wellness. 360° Health puts everything members need to get healthier and stay that way, or live as healthy as possible with illness, all in one place. By providing a total health solution, members have a powerful combination of targeted programs, services and one-on-one professional support to help them adopt healthier behaviors that last. To learn how these integrated program can help you live a healthier life, attend this workshop.

To schedule this free workshop, have your agency Human Resource or Wellness Coordinator contact Lisa Marzoli at (603)695-7559 or e-mail lisa.marzoli@anthem.com

Delta Dental

Health Through Oral Wellness

Provides information and resources on how proper oral care can have a beneficial effect on overall health and wellness. It will also illustrate how poor oral health can contribute to disease and exacerbate conditions such as heart disease, diabetes, and others.

To schedule this free workshop, have your agency Human Resource or Wellness Coordinator contact Jean McPheters at (603) 223-1281

Employee Assistance Program

Problem Identification—A process initiated in a confidential meeting. The purpose of this meeting is to clearly identify the problem(s), and, when necessary, make a referral to the most appropriate community professional for additional services.

Referral—To appropriate resources in order to connect clients with the type and level of assistance needed can result in the fast and economical resolution of the problem(s). EAP staff will review insurance coverage, payment obligations and alternate resources with clients on an individual basis.

Short-Term Problem Resolution—In the form of counseling is utilized to maintain and increase an individual's/group's functioning in the workplace or personal life. Plans are tailored to meet the needs of the individual/group.

For more information on these free confidential individual services, contact EAP at 603-271-4336



Introducing the Employee Health Education Program

The Health Benefit Committee and its Workgroup strives to develop and offer wellness programs that support State of New Hampshire employees, retirees and their families in pursuit of greater health and well-being. The fundamental goal of the Employee Wellness Program is to provide opportunities for individuals to improve their health and wellness. In our ongoing effort to support Governor Lynch's Executive Order 2006-7, *An Order Relative to State Employee Wellness*, The Health Benefit Committee is proud to announce the launch of the Employee Health Education Program.

The Employee Health Education Program will help you understand critical health promotion and disease prevention topics, important medical self-care and health utilization decisions, and learn about health and wellness program approaches that can help prevent or slow the progression of serious health concerns. You'll gain a solid understanding of benefits and resources for combating common chronic diseases and learn about tools in the wellness arsenal to identify health risks early and steps to control them. You'll also learn strategies for addressing unhealthy behaviors that often precipitate illness.

The Program's learning modules provide valuable information to help you make wise health-related choices and decisions, including the importance of routine preventive care screenings and immunizations, important health numbers, how to choose the appropriate health care setting for your needs and selecting a primary care physician. You will also learn about ways to select cost-effective health care providers and the key components of a healthy lifestyle.

The Program is comprised of three learning modules:

- *Health and Wellness 101*
- *Medical Self-Care*
- *Understanding Your Health*

Employees can complete the learning modules by:

- Attending a worksite presentation arranged by your agency
- Online webinar (currently in development)
- Reviewing the modules posted on <http://admin.state.nh.us/wellness/>
- Paper Packet; Call 271-4103 to request a packet of the modules

Upon completing each learning module, the Health Benefit Committee would like employees to complete a brief questionnaire. After submitting the questionnaire, you will receive a certificate of recognition for completing the learning module as well as the answers to the questionnaire. Once you complete all three learning modules you will receive a certificate signed by Governor Lynch congratulating you.

If you have any questions, contact Mike Loomis in the Risk Management Unit at 271-4103 or email Michael.loomis@nh.gov.

Health Benefit Committee
A collectively bargained committee composed of four members appointed by the State and four members appointed by the State Employees' Association

The purpose of the committee regarding employee wellness is to make recommendation concerning health education, incentives and preventive medical services



August Worksite Wellness Coordinator Display



Childhood Obesity

In the 2009 NH Healthy Smiles-Healthy Growth survey of third graders, 33% were overweight or obese

This health concern is more than just a statistic. Children at an unhealthy weight are at risk for developing health problems such as diabetes, high blood pressure and cholesterol

5-2-1-0 Healthy NH is a statewide public education campaign from the Foundation for Healthy Communities to bring awareness to the daily guidelines for nutrition and physical activity. Its message is simple and clear and represents some of the most important steps families can take to prevent childhood obesity and can also apply to adult healthy habits as well:

- 5** Fruits and vegetables...more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice.
- 2** Cut screen time to 2 hours or less a day.
- 1** Participate in at least one hour of moderate to vigorous physical activity every day.
- 0** Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.

Consider setting up a display in your worksite(s) promoting the 5210 Healthy NH program in August. If you did not receive a packet of 5210 materials at the July 26th wellness coordinator training session, please contact Mike Loomis. When you visit www.healthynh.com/fhc/initiatives/ch_obesity/5210.php, you'll find resources such as 5210 posters and display materials and education for families as well. All of the materials are free for your use. Just click on the group of items and a list of materials for you to download and print will pop up.

If you want to encourage some healthy leadership participation, have your agency heads challenge employees to complete a 5210 Healthy Habit Survey and Goal Setting Handout with a child and/or individually. Provide a low-cost incentive such as allowing employees that complete the survey, set a goal and track their progress submit their completed goal tracker for a prize drawing such as a healthy lunch with the agency head or other fun rewards with leadership.

Enjoy!

